

Fit Zone Classes

Free for UCLA Faculty & Staff

WORK WEEK GROUP FITNESS CLASSES

INTERIM SCHEDULE

June 11-June 15

*Cancellations and location changes are subject to change.

[REGISTER FOR FITZONES BY TAKING ELECTRONIC SURVEY HERE](#)

**CHECK FOR UPDATES/CANCELLATIONS*
www.recreation.ucla.edu/fitzones

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>YOGA FOR BEGINNERS 11am-12pm Wilshire Center Ste 130</p> <p>YOGA BEG/INT 12:10-1:10pm Wilshire Center Ste 130 12:00-12:55pm Kaufman Rm. 250</p> <p>DANCE IT OUT/ZUMBA 12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p>	<p>TOTAL BODY WORKOUT 11:30-12:25pm Wilshire Center Ste. 130</p> <p>ZUMBA & CONDITIONING 12:30-1:25pm Wilshire Center Ste 130</p> <p>YOGA BEG/INT 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 230</p>	<p>YOGALATTES 11am-12pm Wilshire Center Ste 130 12:10-1:10pm Wilshire Center Ste 130</p> <p>YOGA BEG/INT 12:00-12:55pm Kaufman Rm. 250</p> <p>HIP HOP GROOVES DANCE FITNESS 12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p>	<p>TOTAL BODY WORKOUT 11:30-12:25pm Wilshire Center Ste. 130</p> <p>ZUMBA & CONDITIONING 12:30-1:25pm Wilshire Center Ste 130</p> <p>TAI CHI AND QI GONG 12:00-1:00pm Le Conte Ave/Westwood</p> <p>YOGA BEG/INT. 12:00-1:00pm Mol Sci Rm 3440</p> <p>ZUMBA /DANCE IT OUT 12:10-12:50pm Kaufman RM 230</p>	<p>DANCE IT OUT/ZUMBA 12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</p> <p>YOGA BEG/INT 12:10-1:10pm Wilshire Center Ste 130</p> <p>TOTAL BODY WORKOUT 1:30-2:25pm Wilshire Center Ste. 130</p>

CLASS INFORMATION

Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class, but coming late and leaving early are permissible to accommodate your work schedules.

Upon arrival, please show Bruin ID and sign-in. Outdoor classes do not meet in rainy weather. All classes subject to change without notice.

MARC C-SPACE CLASSES:

Yoga and Tai Chi classes also available for Health Systems Employees only at the Mindful Awareness Research Center in the Semel Institute/CHS Building C-Space Class Schedule Available at: www.marc.ucla.edu/c-space-class-schedule

